



SKI WITH LATERAL SUPPORT PLATE

ABSTRACT

A snow sliding board (1) such as a ski, a snow board or a surf board has a vertical plane of general symmetry (P). A principal portion, called body or base, includes at least in the area of the sole a complementary, longitudinal element intended to receive the binding for retention of the user's boot. The base (2) has the shape of an elongated beam, comprising a sliding sole, whose front extremity is raised in order to form a spatula, with the complementary longitudinal element having the shape of an elongated plate, limited laterally by a lateral left rim and a lateral right rim. The complementary element additionally includes a front portion connected to a rear portion by means of a middle portion. At least one of the lateral rims of the complementary element acts as lateral support, via at least its middle portion, on a lateral shock absorbing stop of deformable elastic material.